

How Clean is Your Kitchen?

The GOOD

Microbes are found everywhere and many of these are harmless or even good for us. Some microbes are used in the food industry.

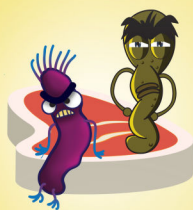
- The yeast *Saccharomyces cerevisiae* is used to make bread and beer.
- *Rhizobacteria* are soil bacteria that help plants absorb food and water from the ground to help them grow.
- *Lactobacilli* are bacteria used in yogurt and cheese making.
- Without these microbes, we would not be able to survive.



The BAD

Unfortunately, there are some microbes which are found on food - mainly raw meats, which can be harmful to us. These microbes are generally found in the gut of the animal and do not cause them any harm but when they find their way into our gut, they can make us really ill!

- *Salmonella*, *E.coli* and *Campylobacter* are commonly found on raw meats and can cause diarrhoea and vomiting in humans and sometimes even death
- The most common cause of viral food borne illness is due to the norovirus. This virus is usually spread through faecally contaminated water or food and can spread from person to person very easily!



The UGLY

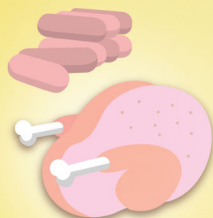
There are many microbes that do not cause us any harm but which cause food spoilage. These are generally mold or bacteria.

- The fungus *Rhizopus stolonifer* causes bread mould.
- *Pseudomonas* bacteria cause the green discolouration on bacon and other meat.



How can we prevent food poisoning and delay food spoilage?

Most microbes we find on food like to grow in warm and damp places where they can live and multiply but they hate places that are too warm or too cold. This is why we keep our food in the fridge and cook our meat well before we eat it.



Did you know?

Chefs use different coloured chopping boards for different food groups to prevent microbes spreading from one food to another.

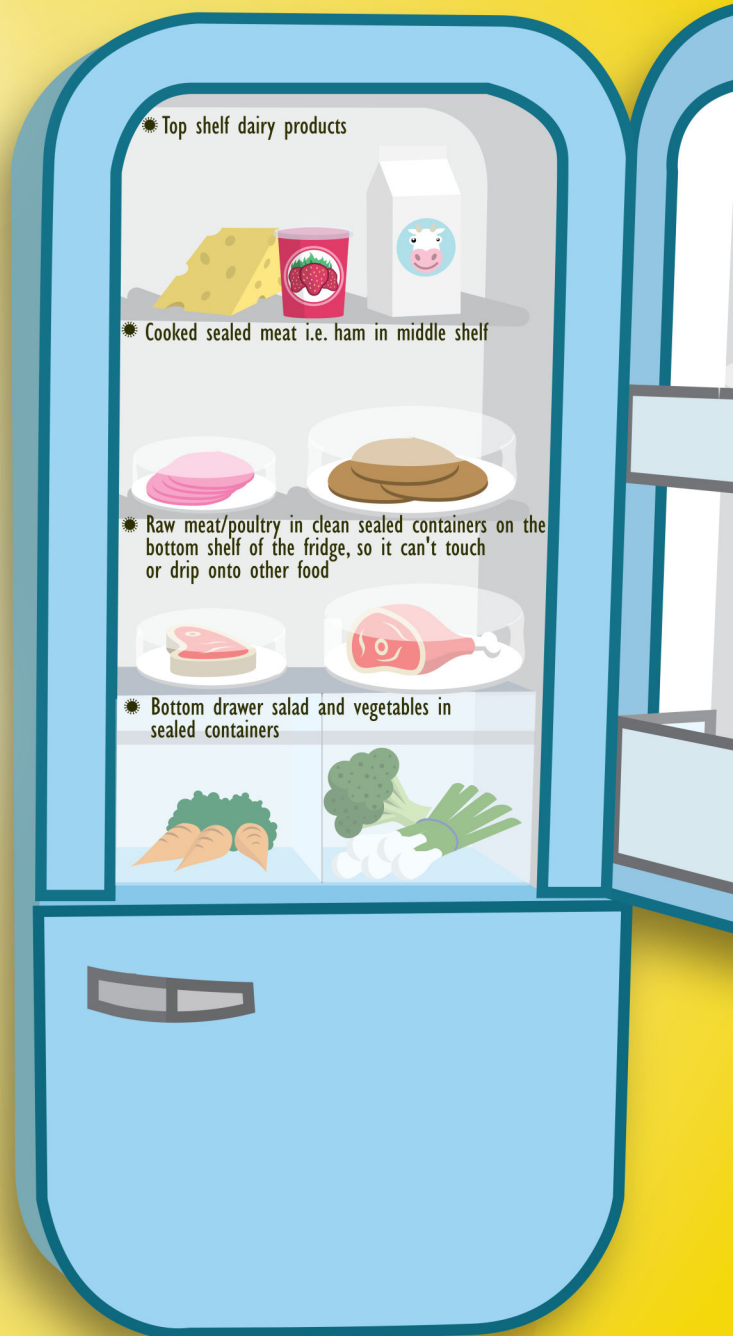


- Raw meat
- Raw fish
- Cooked meat
- Salad and fruit
- Vegetables
- Dairy

Top tips on food safety

- Plastic chopping boards are much easier to clean than wooden ones!
- Always wash hands after handling raw meats.
- Wash all fruit and vegetables before eating.
- Always cook raw meat well before eating.
- Refrigerate all leftover cooked food and eat within 3-4 days.
- Never refreeze food.

Do you know the best way to store your food in the fridge?



• Top shelf dairy products

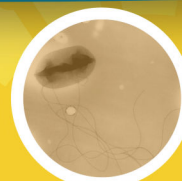
• Cooked sealed meat i.e. ham in middle shelf

• Raw meat/poultry in clean sealed containers on the bottom shelf of the fridge, so it can't touch or drip onto other food

• Bottom drawer salad and vegetables in sealed containers



Lactobacillus



E-Coli



Salmonella typhimurium



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